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A totally modern look at Judaism. 22

Projecting Mets 2018 Opening Day lineup. 30

HECK, YES!

Keep those four-letter words coming — a study out of Long Island University found that swearing actually boosts physical performance. 4



ISTOCK

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KRISTIN TOUSSAINT, REPORTER

Have you ever let out a curse word while doing something strenuous? If so, your profanity may have given you a power boost, according to a recent study. Metro spoke with Dr. David Spierer of Long Island University Brooklyn about his findings that show swearing improves physical performance (and why you should say the F-word when you're struggling to open that pesky pickle jar). Read more on [page 4](#) and at [metro.us](#).

TRUMP SAYS RUSSIA HELPING NORTH KOREA

President Donald Trump said on Wednesday Russia is helping North Korea get supplies in violation of international sanctions and that Pyongyang is getting "closer every day" to being able to deliver a long-range missile to the United States. "Russia is not helping us at all with North Korea," Trump said during an Oval Office interview with Reuters. "What China is helping us with, Russia is denting. In other words,

Russia is making up for some of what China is doing." With North Korea persisting as the major global challenge facing Trump this year, the president cast doubt during the 53-minute interview on whether talks with North Korean leader Kim Jong Un would be useful. In the past he has not ruled out direct talks with Kim. He declined to comment when asked whether he had engaged in any communications at all with Kim.

BANNON NOT INSTRUCTED ON TESTIMONY: KELLY

President Donald Trump's chief of staff John Kelly told Fox News on Wednesday the White House did not tell former Trump chief strategist Steve Bannon to invoke executive privilege in closed testimony before Congress on its probe of alleged Russian meddling in



John Kelly
GETTY IMAGES

the 2016 U.S. election. Bannon, who testified on Tuesday before the House Intelligence Committee, refused to answer questions about his time in Trump's administration or during the transition after his lawyer had conferred with the White House, according to Rep. Adam Schiff, the top Democrat on the committee.



KIDS PARTICIPATE IN 'MUTTON BUSTIN' RODEO COMPETITION

3 A child falls off of a sheep during the "Mutton Bustin" event at the National Western Stock Show on Tuesday in Denver, Colorado. The child who holds on the longest receives the most points.

SPENDING DEAL STALLS OVER IMMIGRATION

President Donald Trump on Wednesday aligned himself solidly with conservative Republicans on immigration, criticizing a proposed bipartisan deal as "horrible" on U.S. border security and "very, very weak" on reforms for the legal immigration system. The Senate proposal — aimed at addressing Democrats' demands for protections for Dreamers brought to the U.S. illegally as children — fell far short

of what most Republicans believe needs to happen, Trump said. "It's the opposite of what I campaigned for," Trump told Reuters in an interview. Many Democrats have said they will not vote for spending legislation to keep the federal government funded past a Friday deadline without an immigration deal, and Republicans will need at least some Democratic votes to pass the funding extension.

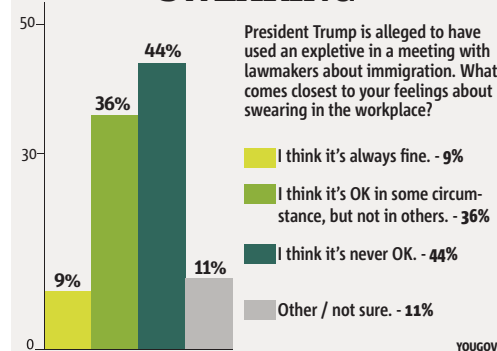
Read more on page 14.

APPLE PLANS NEW CAMPUS IN THE US

Apple Inc. will open a new campus as part of a five-year, \$30 billion U.S. investment plan and will make about \$38 billion in one-time tax payments on its overseas cash, one of the largest corporate spending plans announced since the passage of a tax cut signed by President Donald Trump. The company has been under increasing pressure to make U.S. investments since the 2016

presidential campaign, when Trump targeted the iPhone maker for making products in Asian factories. Apple has not said whether it has settled on a new campus location yet, and it did not make any commitments on the size of new spending or hiring specific to the campus. It did say it would initially house technical support for customers and would announce the location later this year.

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Long Island (Nassau County)	Address	Date	Time
Hempstead Community Office	50 Clinton Street, Suite 110A Hempstead, NY 11550	12/16, 12/30, 1/13, 1/27	2pm–3:30pm
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Swearing could improve your physical performance, study finds



KRISTIN TOUSSAINT
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Need a power boost when doing something intense? Say some curse words, and it might help.

If you've ever let out an F-bomb or two while doing something strenuous (and who among us hasn't?), keep the curses coming — it's not vulgar language, it's a scientifically-proven power boost, according to new research.

A study recently published in the *Journal of Psychology of Sports and Exercise* found that swearing out loud can increase your physical performance and strength.

Dr. David Spierer of Long Island University Brooklyn and Dr. Richard Stephens of Keele University in the United Kingdom collaborated on a study about the special power of swear words.

Using their respective two labs (one in the United States, one in England) they looked at the connection between curse words and physical performance, building off of Stephens's previous research that showed the benefits of swearing when it came to physical pain.

Participants in the U.S. completed an intense 30-second stationary bike test twice — once while swearing and once while saying a "neutral" word (they were instructed to pick a word that could describe a table, like "flat"

or "round").

When cursing, participants saw about a 4.6 percent improvement in power.

"That may not seem like a lot if you look at it out of 100," Spierer said, "but when looking at what 5 percent does for revolutions-per-minute, that is the difference [for an athlete] between first and second place, no doubt."

In the U.K., study participants did a handgrip strength test and saw an 8.2 percent increase in strength while swearing — or the difference, Spierer described, between being able to open that pesky jar of pickles or not.

Participants weren't yelling out the curse words at full force or with a "violent" way either, Spierer said. To keep that factor controlled, they methodically said a curse (the most common chosen was the F-word) every three seconds in a "conversational" tone. That's actually something Spierer said that he does while on a difficult hike.

Methodically cursing, and studying that, may seem silly, Spierer acknowledged, but it's serious science.

"When we swear, we don't use the area of the brain that we use for language," he said. "So there is something else going on when we swear, that our brain is telling us either this is taboo or I'm distracting myself from something else."

Cursing may also allow people to sort of shut



Need a boost of strength when doing something intense? Try swearing, researchers say. ALL PHOTOS ISTOCK UNLESS OTHERWISE NOTED

down their inhibitions, he added, and mask the difficulty of a task so they can get a little burst of power.

Spierer and Stephens are already working on a follow-up study to look at the effect of swearing on more common, less intense exercises. The two have a website, swearingmakesyoustronger.com, to help fund their research. They plan to also look into if swearing is linked to our flight-or-fight response, which releases hormones.

"We really want to explore and detail what's going on in the brain when we curse, why does it have this change in our physical performance?" Spierer said.

So, in the meantime, does their research mean that you should mutter obscenities to yourself when you can't get a jar open? It's worth a try.

4.6%

WHEN CURSING, PARTICIPANTS SAW ABOUT A 4.6 PERCENT IMPROVEMENT IN POWER, WHICH CAN MAKE THE DIFFERENCE BETWEEN FIRST AND SECOND PLACE FOR AN ATHLETE, ACCORDING TO DR. SPIERER.

8.2%

PARTICIPANTS IN A U.K. STUDY SAW AN 8.2 PERCENT INCREASE IN STRENGTH WHILE SWEARING.



Dr. David Spierer studied the power of swear words. PROVIDED BY DR. DAVID SPIERER

INTELLIGENCE

Why swearing is a sign of intelligence

People who curse more tend to have expanded vocabularies, according to a language study.

"Speakers who use taboo words understand their general expressive content as well as nuanced distinctions," psychologists Kristin Jay and Timothy Jay wrote in the *Language Sciences Journal*. "The ability to make nuanced distinctions indicates the presence of more linguistic knowledge."

As the researchers from Marist

College and the Massachusetts College of Liberal Arts pointed out, the stereotype is "that people who swear frequently are lazy (or) do not have an adequate vocabulary."

But the 2015 study found otherwise.

Participants were asked to say as many swear words as they could think of in 60 seconds. They were then asked to name as many animals as they could think of in the same amount of time. Researchers found that those who said the most four-letter words were also more

likely to name the most creatures.

The study also found that "no overall sex difference in taboo word generation was obtained." In other words, women and men are equal when it comes to cursing.

So throw away the swear jar and start letting the expletives fly.

CRISTABELLE TUMOLA



"If you're having difficulty opening a jar, start cursing and see if it works — it may distract you from how difficult it is and you may be able to generate more force, and the result is opening the jar."



David Spierer



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Classes cover the fundamentals of public housing, community organizing, nonprofit strategies and data interpretation. ISTOCK

NYCHA trains residents for leadership roles

NIKKI M. MASCALI
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The New York City Housing Authority launches a free Resident Leadership Academy to empower its future from within.

With 326 developments and more than 400,000 residents across the city, the New York City Housing Authority serves a large number of New Yorkers, but often, public housing is overshadowed by the city's other for-the-public facilities like transit, parks, education and art.

That's why, as part of NextGeneration NYCHA, the agency is launching its Resident Leadership Academy this month to empower its future from within. The initiative is in partnership with the Fund for Public Housing and CUNY.

"I think, really, New Yorkers do value systems with the word 'public' in front of it and feel connected to those systems, but people don't feel connected to or value public housing in the same way," said Rasmia Kirmani-Frye, president of the Fund. "I think investing and valuing public housing residents in this way with real, institutional connections and economic mobility is so incredibly important — and it's innovative."

Leadership Academy launches Wednesday with an orientation, and classes run from Jan. 22 through May 24. The 20 participants, who range from teens to retirees and hail from all five boroughs, will earn up to 16

free college credits via four classes through the Murphy Institute/CUNY School of Professional Studies. Most residents, who needed to have a high school diploma or equivalency to be eligible, will likely take one course a semester to complete the program in two years.

Classes cover the fundamentals of public housing, community organizing, strategies used by nonprofits and data interpretation, which students can bring back to their communities and apply.

"We would like to see them position themselves to expand their network to better represent their development," said Jenelle Hudson, NYCHA's director of resident engagement. "Gone are the days where NYCHA or resident leaders can be self-reliant internally. They need to break down the barriers of the campus, integrating with the rest of the city, and be able to discuss the needs of their development."

Beyond becoming leaders among their fellow NYCHA residents, Leadership Academy students could also lay the groundwork to take their new skills beyond public housing and into city politics.

"I think that brings up a really interesting point in a time we are, collectively, talking about elections and the future," Kirmani-Frye said. "Leadership and leadership development and the opportunity for holding elected office is a topic of major discussion at every level."

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"Investing and valuing public housing residents in this way with real, institutional connections and economic mobility is so incredibly important — and it's innovative."

Rasmia Kirmani-Frye

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The city's DOT is proposing the addition of two protected bike lanes in Midtown in the wake of an increase in cyclist fatalities last year. **ISTOCK**

DOT mulls protected crosstown bike lanes in Midtown

The first set of bike lanes would be east-bound on 26th Street and westbound on 29th Street.



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While New York City saw a record low in traffic fatalities in 2017, cyclist deaths rose to 23 from 18 during the previous year, and five of those fatalities occurred on Midtown streets without dedicated bike lanes.

To combat that going forward, the city's Department of Transportation is proposing the addition of two sets of one-way protected crosstown bike lanes in the 20s and 50s.

"We were heartened by the progress we made with Vision Zero in New York City during 2017, the safest-ever year on our city's streets. However, the increase in cyclist fatalities indicates just how much work we still have to do," DOT Commissioner Polly Trottenberg said.

She added that the department will work closely with Midtown community boards and elected officials on the initiative, especially as the DOT previously announced plans for new protected bike lanes as part of its transit alternatives during the L train shutdown next year,

98%

MANHATTAN SAW A 98 PERCENT INCREASE IN BIKE COMMUTING BETWEEN 2010 AND 2015.

including Manhattan's first two-way crosstown bike lane on 13th Street.

The first set of proposed bike lanes would be installed eastbound on 26th Street and westbound on 29th Street. The second pair would be south of Central Park in the 50s "on streets still to be determined after further community consultation and study," the DOT said. Each lane is estimated to cost less than \$500,000, the agency added.

The bike lanes are sure to be a welcome addition for Manhattan cyclists, as the borough saw a 98 percent increase in bike commuting between 2010 and 2015, partially aided by the launch of Citi Bike in 2013. Last year, Citi Bike had a record 6 million bike trips — and the DOT added a record 25 miles of protected bike lanes to its nearly 1,200-mile bike network.

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NYC STRIKE AVERTED

Strike averted at New York's main fruit and vegetable market

A work stoppage at a market that supplies much of New York City's fresh fruit and vegetables was averted early on Wednesday when negotiators tentatively reached a new pay deal, the labor union and merchants' association said.

Employees at the sprawling Hunts Point Terminal Produce Market in the city's Bronx borough had been prepared to go on strike for the first time since 1986 if there was no agreement before the previous contract expired at midnight.

The agreement reached overnight covers 1,100 warehouse workers, drivers and other employees belonging to the Teamsters Local 202 union.

The employees sort, load and unload produce for 35 merchants at the market, who are represented in negotiations

by the New York Produce Trade Association.

The merchants' employees would see wage and benefit increases of 11 percent over three years, Robert Leonard, who works at a public relations firm hired by the association, wrote in an email. He did not provide more details.

Teamsters spokesman Alex Moore declined to share details of the agreement, saying union members would vote on it later in the week.

"Workers are reporting to work as usual," Moore wrote in an email.

The workers had previously rejected a management offer of a pay rise of 30 cents an hour.

The market serves as the city's central distribution point for fruit and vegetables shipped in from all over the world and headed to grocery stores, restaurants and hotels. **REUTERS**

Comptroller calls for commercial bail bonds to be banned in NYC



KRISTIN TOUSSAINT
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The profit-making businesses are already banned in four states.

Crime in New York City has been dropping, yet the use of commercial bail bonds — a for-profit system in which a bondsman posts bail for someone accused of a crime in exchange for a fee — has grown 12 percent in the past two years.

In the last year alone, commercial bondsmen made between \$16 million and \$27 million off of New York City defendants and their families through nonrefundable fees, according to a report by Comptroller Scott M. Stringer's office.

Stringer on Tuesday

released this report and called for the banning of commercial bail bonds in New York City.

Commercial bail bonds are illegal in four states — Illinois, Kentucky, Oregon and Wisconsin — and “almost universally reject[ed] and condemn[ed] in other countries outside of the United States,” the New York Times previously reported.

If someone accused of a crime can't post bail, they are incarcerated — a practice that disproportionately affects New York's communities of color. More than 80 percent of those jailed because they can't pay bail are black or Hispanic, the report found.

Commercial bail bonds pay that bail for defendants for a fee, and now account for more than half of all bail postings in the city. This is the most costly form of bail pay for taxpayers

and defendants, according to Stringer's report.

Detaining people ahead of a trial who can't pay their bond is also costly to the city, to the tune of about \$100 million annually, the re-

port found.

Banning bail bonds would reduce short-term stays at Rikers Island and push forward bail reform “locally and nationally” according to Stringer's office.

“No one should be incarcerated simply because they lack the ability to pay bail, but that's exactly what's happening to New Yorkers, particularly in communities of color,” Stringer said

in a statement. “The private operators who profit off this backwards system should be put out of business — that's how we begin to reverse decades of short-sighted criminal justice policies.”

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Commercial bail bonds are illegal in Illinois, Kentucky, Oregon and Wisconsin. ISTOCK

POLITICS

GOP senator rips Trump over his attacks on the media

Sen. Jeff Flake on Wednesday castigated President Donald Trump for his attacks on the media, comparing his fellow Republican to former Soviet dictator Josef Stalin and charging that Trump inspires modern-day authoritarians.

In a rare intra-party rebuke from the Senate floor, Flake said Trump's portrayal of the press as “the enemy of the people” and repeated White House references to “fake news” and “alternative facts” spur copycats such as Syrian President Bashar al-Assad to Philippine President Rodrigo Duterte.

Stalin, who led the Soviet Union from the mid-1920s until he died in 1953, used the

phrase “enemy of the people” to describe those he wanted annihilated. Trump's embrace of the phrase “should be a source of great shame,” Flake said.

Flake, 55, an Arizona conservative who has frequently feuded with Trump, in October described himself as out of step with his party and said would not seek re-election. His term ends in January 2019.

“Not only has the past year seen an American president borrow despotic language to refer to the free press, but it seems he has in turn inspired dictators and authoritarians. ... This is reprehensible,” Flake said.

Deputy White House press secretary Raj Shah said Flake's comments about Trump were “bordering on outrageous.” **REUTERS**



People who question Trump's weight start 'Girther Movement'



MICHAEL MARTIN
letters@metro.us

With lots of photographic evidence.

On Tuesday afternoon, White House doctor Ronny Jackson took to the press-briefing podium to discuss the results of President Trump's first official physical. He stated that the president is in excellent health for a man who's 6-foot-3 and 239 pounds. And nobody believes him.

So implausible seemed those stats about Trump's weight — considering that the president does not believe in exercise, subsists on a diet of McDonald's, KFC and 12 Diet Cokes a day, and, well, just looks a lot fatter — that Jackson's news conference

gave birth to a fact-finding mission and many people wondering, how much *does* Donald Trump weigh?

"The Girther Movement," coined as a Twitter joke by MSNBC's Chris Hayes, became a kind-of-real thing, flooding social media with historical evidence and celebrity weight comparisons in an attempt to get at Trump's real poundage.

The president's height attracted particular scrutiny because 239 pounds is one pound under officially obese for a man who's 6-foot-3. Others pointed out that Trump's height was previously given as 6-foot-2 in biographical information, and it is common for humans to lose some height as they age. (Trump is 71.)

The movement built as "Guardians of the Gal-



Trump's health has been scrutinized after he underwent a recent check-up. GETTY IMAGES

axy" director James Gunn offered Trump \$100,000 if he would step on a scale for the world to see.

The movement, of course, gets its name from the BS conspiracy theory that launched Trump's political career: His insistence that former President Obama was born in Kenya and not eligible for the office gave rise to the "birthers."

Betty White turned 96; here's the secret to her longevity

Betty White. Without saying anything else, there's already an aura of respect around her name (like Beyoncé or, of course, Oprah).

White, a six-time Emmy winner, made it into the 2014 edition of Guinness World Records for having the longest television career of any female entertainer. Best known for playing Rose Nylund in the series "The Golden Girls," she still has TV appearances to date, her recurring guest role on Freeform's "Young & Hungry" among them.

Born in 1922, the hilarious, record-breaking actress — who, by the way, is older than sliced bread — turned 96 today!

Just four years shy of a century, here are her secrets to longevity.

Optimism

"Enjoy life," White told Parade Magazine in



Betty White turned 96 on Jan. 17. GETTY IMAGES

an interview published earlier this month. "Accentuate the positive, not the negative. It sounds so trite, but a lot of people will pick out something to complain about, rather than say, 'Hey, that was great!' It's not hard to find great stuff if you look."

She told the publication about getting turned away from studios at the start of career for being "unphotogenic," she said, "you just keep plugging away.

You don't give up.

"I know it sounds corny, but I try to see the funny side and the upside, not the downside," White said. "I get bored with people who complain about this or that. It's such a waste of time." Amen to that.

Exercise ... or don't

During a TimesTalks interview in 2012, White said that in terms of her exercise, it doesn't take much.

"I have a two-story house and a very bad memory," she joked, "so I'm up and down those stairs."

White told People the same year that she stays active as it is. "There's no spare time, so I'm active all the time."

Her busy schedule — the fact that she's consistently starring in roles at her age — makes her feel like "the luckiest broad on two feet." (Us too.) SAM BRODSKY

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Accused NY attacker's lawyers propose deal to avoid death penalty

Sayfullo Saipov was arrested after a terror attack in Manhattan on Oct. 31.

Lawyers for the Uzbek man accused of killing eight people by speeding a truck down a New York City bike path in October proposed a plea deal on Wednesday in which their client would accept life in prison without parole if prosecutors did not seek the death penalty.

The lawyers for Sayfullo Saipov, 29, made their proposal in a court filing opposing prosecutors' request on Tuesday that U.S. District Judge Vernon Broderick set an April 2019 trial date. The prosecutors had cited victims' "strong desire for closure."



Sayfullo Saipov, the suspect in the New York City truck attack GETTY IMAGES

Saipov's lawyers said the requested date would not leave enough time to prepare for trial in a possible death penalty case, and said the fastest way to resolve the case would be for prosecutors to accept their proposed deal.

"In short, a decision by the government not to seek the death penalty would bring immediate closure to the case without the need for the public and victims to repeatedly relive the terrible events of October 31, 2017," the lawyers wrote.

The office of interim U.S. Attorney Geoffrey Berman in Manhattan, which is prosecuting the case, is expected to make a recommendation on whether to seek the death penalty, though the final decision will be made by U.S. Attorney General Jeff Sessions.

Both Berman and Sessions were appointed by President Donald Trump, who on Twitter called for Saipov to face the death penalty. Berman's office declined to comment. A lawyer for Saipov could not immediately be reached for comment.

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Baby Boomers Benefitting From Knee Arthritis Treatments

10-Minute Technology Guided FDA-Cleared Painless Medical Treatments.. Allows Patients To Stay Active

New York City - Nothing is more true. A life with constant pain is not a life worth living. And if you can't stay active and do all the things you love - like walking, playing golf, tennis, vacationing etc. It's not really a life at all.

...the Pain Is More Like A Prison

And for generations, knee arthritis has given good, hard working people a life sentence of pain and suffering. To make things worse, slick marketers only add to the pain by promising wonder cures. Late night television and your mail box are filled with "wonder arthritis cures" that make wild claims and sound too good to be true . . . ***Because They Are***

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It is easy to give up...

But while marketers were peddling "wonder cures," real doctors and researchers were hard at work trying to discover a real medical solution. Modern medicine eradicated small pox and polio. Through laser eye surgery, doctors can give almost blind people perfect 20/20 vision. The potential cures on the horizon with breakthroughs like stem cell and regenerative therapies are endless.

Solve The Riddle Of Arthritis Pain?

For the past 3 years, that's exactly what a medical clinic in New York City has been doing. The ***NYC Pain MD*** doctors have been able to help thousands of knee arthritis sufferers with cutting-edge treatments and technology older generations could only dream about. One of these treatments in particular has helped thousands of patients ease or eliminate pain and go back to doing their favorite activities like: walking, playing golf, tennis and many more. The treatment is called viscosupplementation. ***But wait.*** This is NOT the typical viscosupplementation. So if you are one of the many knee arthritis sufferers who already had viscosupplementation and did not get great results - what you are about to discover should be very important. to you in particular. It might even get you out of pain.

Here is why: During viscosupplementation, a special lubricating gel is put directly into your arthritic knee joint. This not only helps the knee joint to glide more smoothly, it acts as a cushion, protects the joint. and relieves a lot of pain. This is often referred to as "joint oil." In many cases, when done properly, this can dramatically lessen knee pain for up to 6 months and much longer in many cases.

And even better - if this treatment works for you the first time - it can be safely repeated when necessary and the results are often better for some.

Like Threading A Needle?

The key to this treatment being successful is actually getting the special lubricating gel directly into the joint where it can go to work. That's why the doctors at ***NYC Pain MD*** use very advanced digital imaging that allows them to see directly into the joint and make sure the lubricating gel "hits the spot" and the treatment has the best odds for success. Studies show that doctors doing these types of procedures without this special imaging actually miss the joint space up to one third of the time!



"I've had trouble with my knee walking. I'm a golfer and want to play golf but I couldn't. I made the call and went and it's the best thing I ever did. It's just - now I can play golf, I can walk, I can climb stairs, I can do things I did many years ago".

"It's the smartest thing ever did" "Since I've been going for the treatment for my knees I don't take any pills, I take not over the counter medication.."

"This a good alternative to surgery." "I am so glad I went. I'm so confident I feel so good about it and I recommend it to everybody."
William La Spina . Golf Enthusiast

(While we cannot guarantee that all knee arthritis pain sufferers will respond like the patient noted above, we can say these results are possible.)

Why Treatment Can Fail

This is why viscosupplementation can fail for some people. It is also why many knee arthritis sufferers come to ***NYC Pain MD*** after failed treatments elsewhere... and are finally able to get relief. It is not uncommon for patients to travel hours for these advanced and precise treatment methods.

Patients Should Be Assured About Precision Treatments

If you have already had this procedure without this advanced imaging... Or if it was not used throughout the procedure, there is a good chance you did not get the maximum results you could have and should have.

What The Research Says About Results:

Can We Slow Down Arthritis? A retrospective study of nearly 1000 cases of knee arthritis between 49 and 79 years old was done by an orthopedic surgeon in Louisiana. Patients with Grade 4 or "bone to bone" who presented for consideration of knee replacement were instead put on a program of image-guided gel injection procedures. Follow up almost 4 years later revealed that about 3 of 4 had done well and had not need surgery...regardless of age or even if overweight.

Another study was done by Pearl Diver research group who reviewed 198,000 files of those who underwent this type of treatment. Follow up 2 years later revealed 82% had not required surgery.

Massive Cost Saving For Patients, Insurance Companies & Medicare?

While surgery may be the best option for some...for others, due to fear of surgical risk, medical ailments that may prohibit surgery or for those that are just seeking less invasive alternatives, the costs savings can be staggering. In a study published in the American Journal of Managed Care, a potential savings of \$4706.00 per patient if treated with viscosupplementation was estimated. In a theoretical population of 100,000 (NYC is over 10 million) over a 3 yr. period, 808 knee replacements were projected to be avoided and up to \$9,131,819 could potentially be saved by patients, medicare and insurance carriers. *This should be welcome news for rising health care costs.*

Who Can Benefit From This Treatment?

This treatment is not for everyone. But it may be for you if you have sensations of grinding or rubbing, pain on simple weight bearing, getting up from sitting or even simply

Treatments Their Parents Could Only Dream About

Patients Go Home With Just A Band-Aid On The Knee... No Surgery - No Hospital

when bending your knees, struggling up and down stairs (like subways), have pain on walking, feel tight and stiff after activities or in the morning or just cannot move like you used to. If this sounds like you, then seeing one of the specially trained doctors at **NYC Pain MD** could be the best thing you could do for yourself. But it is suggested you do not wait as arthritis can easily worsen with more time.

And this is very important - especially for those who have had viscosupplementation in the past without good results. Many patients who did not have good results elsewhere are often able to get a favorable results because of the advanced imaging technology and procedure experience at **NYC Pain MD**.

Even doctors themselves are often patients at NYC Pain MD.

How to Find Out If The Experts At NYC Pain MD Can Help You

If you have knee arthritis pain and would like to see if this treatment might help you - the experts at **NYC Pain MD** offer a complimentary screening appointment.

This screening will help determine if you are a candidate for treatment and also gives you a chance to get all your questions answered.

If you are a candidate, you will leave knowing that you found the possible way to lessen or even eliminate your knee pain for 6 months or more for many patients.

There is no obligation and if you are not a candidate - the doctor will help you find the best approach for your particular case and refer you to the proper sources. To set up a screening at no cost, simply call **800-741-5340**

The NYC Pain MD 'X' Factor ?

NYC Pain MD is a high-tech medical facility equipped with all the necessary equipment to treat appropriate candidates right in their own in-office procedure suites. What does this mean for you? It means no stressful hospital, no intimidating surgical center or out patient facility visits.

This also means you don't have to be "Rich and Famous" because by avoiding all those "fancy" facilities you don't have to bear their severe costs which can often be several times the cost of the treatments themselves. Your experience is far more relaxing with personalized attention. The treatment is gentle. You will go home with nothing but a one inch band-aid on your knee. Many go home or right to work after these virtually painless treatments. There is little to no downtime.



The Secret To Knee Pain Relief? With precision advances in medical science and technology the caring doctors at **NYC Pain MD** have been able to help so many relieve their pain and get their active lifestyle back.

How To Get A No-Cost Screening & Find Out If This Knee Arthritis Treatment Is For You

The popularity of this treatment is startling. New Yorkers are lining up weekly to find out if they are candidates... patients looking for options other than surgery that really work. But because this is a real medical treatment - it is not for everyone. That's why the experts have setup an easy screening visit.. This screening will help determine if you are a candidate for additional examination and possible

treatment. This screening is offered at no cost to the patient. All your questions answered and you will find out if this treatment is for you. Zero risk or obligation. Just call 800-741-5340 Tell them, "I would like the kneescreening." They will take care of everything. Due to demand, spots are limited - call immediately to avoid unnecessary waiting. The number to call is: 800-741-5340

More Good News About Insurance: *Many insurances including Traditional Medicare (part B) help cover modest to significant portions of these care programs*

To set up a complimentary screening, just call **800-741-5340**. But if you want a screening, we recommend calling right now. Due to time limitations, the center can only offer a limited number of screening per month. They decided to limit the number because they believe in giving every patient the individual time and attention they deserve.

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A government shutdown is possible if Congress cannot secure a funding extension. GETTY IMAGES

Top Republicans scramble for votes in Congress to keep government open

The White House promised to engage in immigration negotiations next week if Democrats support a stop-gap measure.

The White House on Wednesday threw its support behind a Republican proposal to avert a government shutdown at week's end with a one-month extension in funding, but it was unclear whether there were enough votes to pass it in Congress. Congress has been struggling for months to reach an agreement to fund the government, which is currently operating on its third temporary funding extension since the 2018 fiscal year began on Oct. 1. The latest measure expires on Friday.

Agreement on a spending bill has been complicated by a Democratic push to include a deal on the status of "Dreamers" — young adults brought to the country illegally as children. But there are also disagreements over how to proceed within the Republican Party, which holds majorities in both the Senate and House of Representatives.

"We do support the short-term CR," White House spokeswoman Sarah Sanders told reporters, referring to a so-called continuing resolution to fund government operations through Feb. 16.

Republican leaders in Congress turned to another short-term spending bill, which they want to pass and send to President Donald Trump's desk by Friday, as hopes for an immigration agreement with the White House ebbed.

Senate Majority Leader Mitch McConnell said the Senate would take up the bill as soon as the House approves it.

He was still waiting to find out what Trump

would support on immigration. "He has not yet indicated what measure he is willing to sign," McConnell said.

The talks come after Trump ordered the Deferred Action for Childhood Arrivals (DACA) program to expire in March. He asked Congress to come up with a legislative fix for the Dreamers, who received protection from deportation under President Barack Obama.

"Let's make a budget deal by Friday and let's come back to work aggressively on Monday and make a deal on DACA and responsible immigration reform," Sanders said.

Trump told Reuters in an interview on Wednesday that he rejected a bipartisan Senate deal on immigration last week negotiated by Republican Sen. Lindsey Graham and Democratic Sen. Dick Durbin because it took him "30 seconds" to realize it was a "horrible" deal.

"I was told that we had a deal — and the deal was an unacceptable deal. This was a deal that was unacceptable from the moment they started reading the provisions of the deal," Trump said.

Following the breakdown in negotiations, the White House on Wednesday dispatched chief of staff John Kelly to Capitol Hill.

Kelly met with the Congressional Hispanic Caucus in a meeting lawmakers described as cordial but revealed the two sides were as far apart as ever.

It was also unclear whether members of the conservative House Freedom Caucus would back the plan. The group's leader, Representative Mark Meadows, said that while members dislike the short-term deal and would prefer added defense funding, the chances for a shutdown "are very unlikely because no one wants one." REUTERS

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Analysts: Russia's World Cup will be likely target for ISIS

Attacks claimed by Islamic State rose slightly in 2017.

The World Cup soccer tournament to be held in Russia in June and July will be an "attractive target" for Islamic State given Russia's role in the territorial defeat of the militant group, the U.K.-based analysis firm, IHS, said on Thursday.

"A successful attack [in Russia] would provide a tremendous propaganda boost for the Islamic State and its fighters and supporters, underlining the ongoing international threat posed by the group despite its territorial defeat," an IHS report said.

The participation of the national teams of Saudi Arabia and Iran in the tournament provided an even greater incentive for the group to target it, the report said.

Despite losing all territory in Iraq and Syria by November last

year, the group claimed major attacks in Istanbul, London, Manchester, Barcelona and Tehran, killing dozens of civilians.

It targeted the Muslim holy city of Medina, in Saudi Arabia, in 2016.

ISIS leader Abu Bakr al-Baghdadi is still on the run despite the collapse last year of the caliphate he declared in 2014 over parts of Syria and Iraq.

Attacks claimed by ISIS rose slightly in 2017, to more than 4,500, despite its territorial losses, but fatalities from the attacks dropped by two-fifths compared with 2016 to about 6,500, the IHS said.

"As it came under growing territorial pressure, Islamic State transitioned back to insurgent operations, conducting a higher tempo of low-intensity violence against security forces and non-state adversaries in areas newly recaptured from the group"

in Iraq and Syria, said Matthew Henman, head of IHS Jane's Terrorism and Insurgency Center, in the report. **REUTERS**

KIDNAPPING

Kidnappers abduct two Americans, two Canadians in Nigeria; two police killed

Kidnappers have abducted two Americans and two Canadians in the northern Nigerian state of Kaduna, killing two police officers, a police spokesman said on Wednesday.

Kidnappings are rife in Nigeria, where domestic security is weak, though they overwhelmingly target other Nigerians. However, abductions of foreigners are not uncommon.

The foreigners were ambushed by unknown gunmen on their way from the town of Kafanchan in Kaduna state to the capital Abuja, Mukhtar Aliyu, a spokesman for the Kaduna state police, said by telephone.

Kafanchan is about a 3½-hour drive northeast of Abuja.

"The two police escorts attached to them engaged the kidnappers in a fierce gun battle, which resulted in the unfortunate death of the two

police officers," Aliyu said.

The United States embassy in Nigeria declined to comment. Canada cannot release further details on the case due to privacy concerns, Babcock said.

In October, kidnappers took four Britons in Delta state in the south. Three were released after negotiations, but the other, Ian Squire, was killed.

Last February, two German archaeologists were abducted in the region, though they were later freed. **REUTERS**

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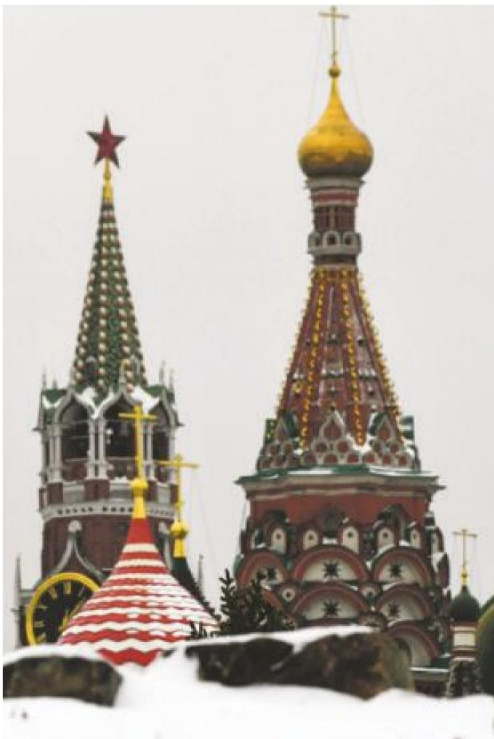
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Zaryadye Park, with St. Basil's Cathedral and the Kremlin's Spasskaya Tower, in Moscow, Russia. **GETTY IMAGES**

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Coach tells ex-USA gymnastics doctor in court to 'go to hell'

A coach who sent dozens of young girls for treatment to USA Gymnastics team doctor Larry Nassar, who pleaded guilty to molesting female athletes, told the disgraced physicians on Wednesday to "go to hell" for his crimes.

Thomas Brennan, a youth gymnastics coach, confronted Nassar in a Michigan courtroom on the second day of a sentencing hearing for the former doctor, who pleaded guilty in November to multiple counts of sexual assault.

"For the record, go to hell," Brennan said, glowering at Nassar.

Brennan's outburst came as he stood next to one of Nassar's victims, Gwen Anderson, as she recounted the molestation she suffered at the hands



Larry Nassar in court GETTY IMAGES

of Nassar.

At one point during Anderson's tearful testimony, Brennan barked at Nassar, "Look at her."

Nassar has sat through the proceedings with his head bowed, not making eye contact with the victims. He apologized for his crimes at the Novem-

ber hearing.

Brennan told Judge Rosemarie Aquilina that he sent more than 100 girls to Nassar, whom he considered a mentor.

"The guilt I feel for that is hard to fathom," he said.

More than 100 victims are providing victim-impact statements during the four-day hearing, prosecutors said.

The judge has addressed each victim and has said she will make certain Nassar gets a lengthy prison sentence. Prosecutors are seeking a life sentence.

"He will die there," Aquilina said on Wednesday. "The next judge he faces will be God."

Aquilina is set to impose sentencing on Friday.

REUTERS

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#MeToo 2018: Disrupting the cultural status quo



PAT KING
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One year after the inaugural Women's March, the state of the movement today.

With #MeToo gaining wide influence this year, the time has come where the women's movement has truly reached the mainstream. We are witnessing a cultural moment where women, and men alike, are banding together to disrupt the existing patriarchy.

This weekend marks the anniversary of last year's enormously successful Women's March, where millions of people all over the world took to the street to say "enough is enough" over issues such as equal pay

for women and giving a chance for sexual abuse survivors to voice their stories.

We spoke with Dr. Patti Fletcher, a famed gender-equity advocate, and author of the new book "DISRUPTERS: Success Strategies from Women Who Break the Mold," to see how far the women's movement has come since the march and where it should go as we enter the new year.

Focus on the message. No matter what.

In a New York Times article published earlier this week titled "One Year After the Women's March, More Activism but Less Unity," they outlined how the separate activist groups associated with the movement have split its message into different factions and have therefore weakened its impact.

Fletcher believes that this kind of narrative can only be detrimental to the current Women's movement. "Whenever we go for alignment and consensus, we never win," she explains, "Let's get past the 'why' and get into the 'how.'"

So in order to not let this important movement lose steam as we head into the one year anniversary of the women's march, we need to stay focused on the message.

Keep in mind — men can be disrupters too

Although many women experience horrendous situations in their male-dominated workplaces, and everywhere else in their daily lives, Fletcher believes that the movement should make space for more "woke" men who are looking to make a difference.

"We need to be role models and say that this not a women's issue, this is a human issue. Role modeling this issue is not only inviting men to the table but making room for them. With the momentum of the march, there are so many more men that are talking about this topic and doing things differently now because they get it."

What's next? How about their wallets?

So now that the movement has become so strong in numbers, what can women do to accelerate the changes they would like to see going forward? Well, if there is anything that the people who are perpetuating this patriarchy can really understand, it's money.

Fletcher believes that if women organize a boycott to draw attention to their



A scene from NYC during last year's inaugural Women's March. GETTY IMAGES

demands, the world will have no choice but to take notice.

"In most geographies, women are at least 50 percent of the population and, at least in the United States, women are responsible for up to 90 percent of all consumer buy decisions," Fletcher explains, "so it's really important as citizens that can vote and as people

with purses who can decide whether these products fail or not, and with social media, we have this incredible collective voice. We have power and now we are learning how to be in power."

This year's Women's March will be held this Saturday with demonstrations planned around the country. Show your support and get involved!

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Jack Antonoff is not dating Lorde, OK!?

As you know, Jack Antonoff and one of y'all's problematic faves, Lena Dunham — I mean, damn, at this point does she still have faves? — broke up. Since then, rumors have been ablaze that Antonoff had moved on with Lorde. Now, he's shutting it down via y'all's second favorite app.

"Normally i would never address rumors but i resent having the most important friendships and working relationships in my life reduced to dumb het-

ero normative [sic] gossip," he wrote. "Those relationships are deeply important and sacred. with that said, im [sic] not seeing anyone. lol."

Oh yeah, the LOL afterwards burns, don't it, Lena?

Anyway, cool, I guess? I'm not really vested in Dunham or a person who dated her for a number of years, despite the aggressively ignorant, racist and all-around dumb dumb comments she made during that time. Oh well!

the word

Ann Curry bravely tells us what we already know



Ann Curry is finally opening up.

The former "Today" anchor — and maybe enemy of Matt Lauer which, yeah, makes sense — says she wasn't surprised about the allegations against her former co-host.

"I'm trying to do no harm in these conversations," she said on "CBS This Morning" on Wednesday. "I can tell you that I am not surprised by the allegations."

She continued, "I would be surprised if many women did not

understand that there was a climate

of verbal harassment that existed. I think it would be surprising if someone said they didn't see that. Verbal sexual harassment was pervasive ... It was, period." Damn, Ann. Tell 'em.

This, of course, comes after Lauer was ousted from his position at "Today" for abusing his power and being sexually inappropriate AF.

We're all about the Ann Curry let-'em-know tour. Baby girl, we support you.

Millie Bobby Brown's got a boyfriend, y'all

Young hearts are breaking across the world today because "Stranger Things" cool girl Millie Bobby Brown got herself a boo, per an US Weekly scoop.

Cue Eleven voice: Tabloids don't lie.

All right, so who is this mouth breather that managed to win 13-year-old Brown's affections? His name is Jacob Sartorius, a 15-year-old singer-songwriter whose claim to fame is a pop song called "Chapstick."

Here's the refrain: "You made a reservation, but all we need are 2 lips, 1 kiss/Nothing between us but Chapstick." A real Romeo.

How do we know it's real?

"She posted a photo with him on her Instagram Story last October, and they have since exchanged several flirty comments on social media,"

per a source.

On Jan. 8, she liked one of Sartorius' tweets that said, "just another day w you on my mind."

She posted an Instagram of herself making bedroom eyes and holding a bear he gave her, with the caption, "Thanks for the bear," heart emoji. He commented, "Of course," heart emoji.

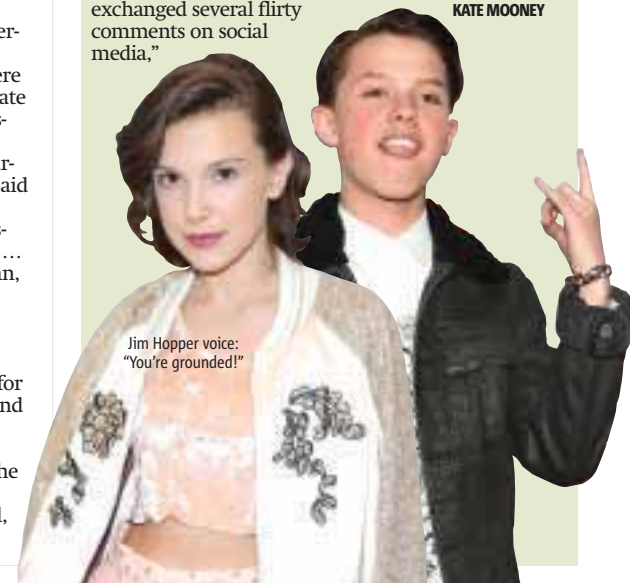
Jim Hopper voice: "You're grounded!"

Then they went on vacation together, spending New Year's Eve with Brown's family in Disney World.

We can't even get into whether or not we ship this couple, because to do so would be to acknowledge that this is even happening, and that would be too embarrassing.

Enjoy cuffing season for the rest of us, kiddos.

KATE MOONEY



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SURGEONS

'The Assassination of Gianni Versace' is iconic

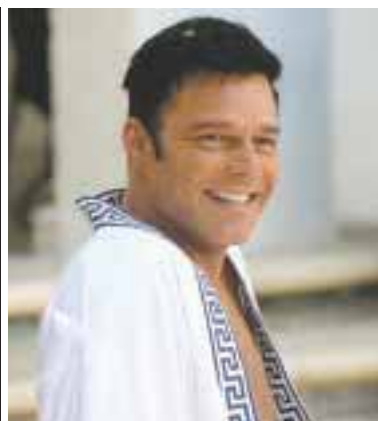
"The Assassination of Gianni Versace" is achingly good. The first season of "American Crime Story," "The People vs. O.J. Simpson," proved that the anthology series could take on serious fodder and give actors the space to play big, award-worthy roles. Unsurprisingly, "Gianni Versace" does the same. Not only is the second season well written, but its strikingly beautiful. Versace's gilded house is as breathtaking as the shot of Andrew vomiting in a dirty, graffiti-filled bathroom, somehow. It doesn't hurt that the series introduces familiar characters and a familiar story, loaded with mini surprises along the way. Who'd have thought that Penelope Cruz as Donatella Versace stepping off of a plane would give this writer straight up chills?

Here are our favorite, most iconic moments from last night's premiere. **RACHAEL VAUGHAN CLEMMONS**



Um, Gianni Versace looks good AF.

Gianni Versace was 50 years old at the time of his death. In the FX series, though, he's played by 40-year-old Edgar Ramirez, fitted in a wig gently sewn to imitate male pattern baldness. We can say, with confidence, that we've never seen the likes of such a lacefront carried with such aplomb. Shame he has a hole in his head for half the episode.



Ricky Martin, great actor?

We fondly remember Ricky Martin primarily as the guy from the "Livin La Vida Loca" video we watched while home sick in sixth grade. But as Versace's partner, Antonio D'Amico, Martin is, very, very good. He lends his scenes an impressive weight of equal parts glamour — and grief. Ricky Martin, I see you.



Penelope Cruz is really pulling off the blonde

That actors play impossibly attractive and far better coiffed versions of their real life counterparts is well known. But Cruz as Donatella Versace honestly should be banned. She looks so, so amazing. And she almost has Donatella's famous deadpan down too.



Darren Criss' yellow ensemble

For real: if "The Assassination of Gianni Versace" isn't a huge break for Criss, well, there's just no justice in the world. He is both sympathetic and utterly terrifying as Andrew Cunanan, a cute pathological liar on a murdering spree. But the yellow on yellow on yellow outfit he wears in the episode's closing scenes is chef's kiss worthy.

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With '12 Strong,' Jerry Bruckheimer



Chris Hemsworth goes equestrian in the upcoming war drama. **WARNER BROS.**

The legendary producer talks his latest venture and creating a timely, cinematic film.



GREGORY WAKEMAN
gregory.wakeman@metro.us

While Jerry Bruckheimer's career is littered with plenty of examples of blockbuster Hollywood spectacle at its finest, the producer also likes to bring true stories to life, too.

His latest venture, "12 Strong" — which stars the likes of Chris Hemsworth, Michael Shannon, Trevante Rhodes and more — follows in the vein of "Remember The Titans" and "Black Hawk Down." The film, out this Friday, Jan. 19, brings the adventures of the first U.S. Special Forces that were sent into Afghanistan in the weeks after 9/11 to

the big-screen. Their story was kept under wraps from the public until Doug Stanton's nonfiction book "Horse Soldiers: The Extraordinary Story of a Band of U.S. Soldiers Who Rode to Victory in Afghanistan" was released back in 2010.

A unique tale

Over the phone, Bruckheimer himself said that once the book was put in front of him, it didn't take long for the project to pique his interest.

"It is a unique story about men that deserve to be remembered," the longtime producer says. "Who were accomplishing something that had been classified for a long time."

"I like making movies that not only entertain but are educational," he continues. "I like making pieces about people who should be remembered. People



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INTERVIEW

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wants to educate and entertain

"I like making movies that not only entertain but are educational."

who changed things for the better. They would have been forgotten if it weren't for Doug Stanton, who wrote the book, and us for making the movie."

Cinematic and timely

Bruckheimer also saw "12 Strong" as an opportunity to make a "very cinematic," and timely film about what is happening in the world and "people working together to make the world a better place."



"It's about the professionalism of the military force, and these guys are highly intelligent, but also deadly," he says. "It is also a realistic portrayal of what is going in the world and what happened in that time period over in Afghanistan. How a small military force goes into a foreign country and

bonds with the Muslim and Afghan people to rid a common invader."

The essence of the story

While some artistic license is required for films of this ilk, Bruckheimer insists that the reaction from those who were there has only

been positive.

"Based on the reactions of the people we have shown it to, including the real special forces that were over there, they really believe that we got the essence of the story," he says.

"The most frightening thing for a producer is when you make a movie about real

people," he continues.

"You're scared that people might come up to you and go, 'That never happened. That's misrepresentation.' Fortunately on this movie it is quite the opposite."



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Scenes from the Collection spans the entire third floor of the museum.
ALL PHOTOS COURTESY THE JEWISH MUSEUM

jew



things
to do



Gert Wollheim's couple is suffused with the anxiety of the 1920s.

Thoroughly modern Judaism

The Jewish Museum's first new major exhibition of its collection in 25 years takes 4,000 years of history and makes them feel contemporary.



EVA KIS
eva.kis@metro.us

Can an exhibit about a 4,000-year-old culture feel as modern as an episode of "Orange Is the New Black"?

An episode of the hit Netflix series featuring an inmate converting to Judaism makes it into Television and Beyond, one of the seven rooms that comprise the Jewish Museum's exciting new exhibit Scenes from the Collection.

Its first major new display in 25 years of its near-

ly 30,000 items manages to take over 600 of them — spanning antiquities to contemporary art — to look at where art and Jewish culture meet.

"These are works that maybe wouldn't make the cut at the Metropolitan Museum, but they're very important to us," says lead co-curator Susan L. Braunschtein.

"What we really wanted to achieve is for people to understand the multiplicity of what it means to be a Jew and how people react to Jews, and the many ways to relate to the Jewish experience."

Another room, Masterpieces and Curiosities, highlights the objects that came out of Theresienstadt, a concentration camp-ghetto where the Nazis imprisoned many Jewish artists, writers and craftspeople and forced them to create works of

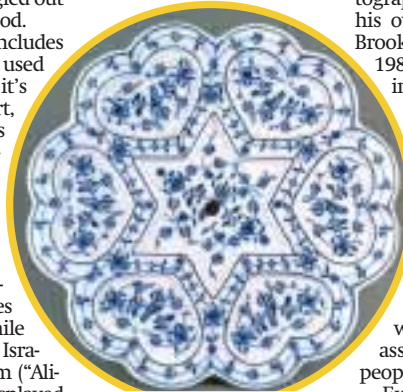
art for their captors.

But what's on display is the art the Jewish creators kept for themselves to ensure their survival, whether toys for children or paintings smuggled out and bartered for food.

Even when it includes items specifically used in Jewish rituals, it's in the context of art, making the works accessible to non-Jewish visitors while offering a fresh perspective to the faithful. African-American artist Kehinde Wiley painted a series of portraits while traveling through Israel, and one of them ("Alisos Itzhak") is displayed next to the mizrah (an ornamental picture hung on a home's eastern wall) he used as a backdrop.

"That's an example of a person who's not of the

Jewish faith looking at the Jewish culture," says Braunschtein, "and that's very important to us, to not just be talking about ourselves but expand it



This plate appears ceremonial but was likely merely decorative.

out to the larger world." It's not just looking at Jewish artifacts, but at their faces too. There's

Gert Wollheim's painting of a fashionable couple at a party in 1926 with all the uncertainties of their era imbued in their expressions, and the photograph by Larry Sultan of his own parents in their Brooklyn living room in 1984, totally assimilated into secular America.

While most museums would bristle at the idea of including pieces that dilute its sacred symbols, the Jewish Museum leans into interrogating the story of the Star of David, which didn't become associated with Jewish people until 1600.

Examples of the hexagram's use includes an embossed ceramic flask likely made by an Irish Freemason, and an 1800s-era Passover-style platter from China in its iconic

blue and white pottery style but lacking any of the usual Jewish symbols that would indicate it's for religious use.

And then there's Isaac Mizrahi's giant Star of David belt buckle (next to a rainbow yarmulke) captioned with a quote by the designer: "If crosses are everywhere, why not make the Star of David ubiquitous too?"

If you agree with that sentiment, Scenes from the Collection is the treat you'll keep coming back to — the seven rooms will change annually, while the TV room will have a new theme every six months.

Scenes from the Collection opens Jan. 21, 2018 at the Jewish Museum, 1109 Fifth Ave. The collection is included with a general admission ticket (\$15 for adults, free under 18).

How big kids do a night at the museum

As far as taglines go, "Pack your bags because you're going to space!" is a pretty solid one.

The Liberty Science Center promises you'll "learn everything you need for a mission through the galaxy" at LSC After Dark, the museum's 21 and over party on the third Thursday of every month. That's right kiddos, your bedtime is our playtime.

Yes, it's in New Jersey, but we clocked the ride at a breezy 20 minutes from the World Trade Center on the PATH train. You won't want to let the Hudson keep you from this!

Not only do big kids get run of the entire museum, there's a live DJ, themed cocktails and food vendors from Midnight Market NJ. Grooving in the captain's chair of the USS Enter-



Feast on grub from Midnight Market NJ vendors like Tojo's Kitchen.
EVA KIS

prise? Don't even pretend it's not on your nerdy bucket list.

Speaking of space stuff, this month's Gin and Jupiter jam will get you prepped whether it's for a planetside excursion out of a "Star Trek" episode or the latest images and findings from NASA.

Play a round of Inter-galactic Laser Tag, find yourself immersed in a Tribbles-inspired ball pit, try your lunar landing skills with drones, or explore any of the other floors of the museum — it's all yours for the night!

There are also bubbling cocktails (Jupiter is a

gas giant) and a Jupiter-themed show at the science center's brand new planetarium, the largest and most advanced in the Western hemisphere.

Note that Liberty Science Center is a nonprofit museum, so the food, planetarium show and the "Star Trek" special exhibit will run you a few extra bucks. Think of it as a down payment on the next generation actually getting us to Mars already.

Gin & Jupiter is on Jan. 18, 6-10 p.m. at 222 Jersey City Blvd., New Jersey. Tickets \$20. More info at lsc.org.
EVA KIS

New thriller sure to spark controversy & delight Da Vinci Code fans

WRITTEN BY
Amy Smith

Fans of The Da Vinci Code rejoice—we've got a new fast-paced thriller that should scratch your itch for cryptology and international intrigue. *Decoding the Phoenix*, the debut novel from MD Tchaves, puts a narrative arc around the mysteries of astrology and astrotheology. The result? A tale that'll likely keep you turning the pages until the wee hours. The story is centered

on Graham Newsdon, who, like the beloved Robert Langdon, hails from Harvard. But the similarities end there. While Langdon is a remarkably intelligent, well-mannered professor, Newsdon is a sloppy, smart-alecky med student. He also happens to be a functioning alcoholic. Not long after the death of his Navy Seal brother sends him into a tailspin, Newsdon soon finds himself skimming his inbox in a hungover blur. It's then that the trajectory of his

life changes forever. Buried beneath lines of messages is an old email from his brother that had gone unopened. The seemingly incoherent bit of correspondence turns out to be a complex cryptogram. Untangling its meaning sends Newsdon, along with his longtime girlfriend and an endearing handful of ragtag pals, on an epic chase. Along the way, they unravel a dark line of secrets and covert operations that

threaten the world's modern religions. It seems fitting that within the very first pages, Newsdon declares that he knows the answer to the world's deepest secret. "The book is heavily influenced by the real science behind astrology and astrotheology," Tchaves tells Metro. "It's about things that have been hiding in plain sight for thousands of years. I was initially planning on writing a nonfiction book about all this, but once I got started,



I felt drawn to use all this research to shape a quick-paced thriller." The journey pushes Newsdon, and perhaps readers, to question long-held beliefs about faith and religion; tradition and authority. While indeed controversial, Tchaves says his goal is more about

educating people than dividing them. If nothing else, the book's swift pace and clever puzzles are sure to please.

Decoding the Phoenix, the first book in a three-part series, is currently available through Amazon and Barnes & Noble.

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What if you discovered the secrets of the universe?

Would you sit on it or would you share it with the world?



I know the answer to the world's deepest secret," Graham Newsdon, a functioning alcoholic and Harvard medical student and the protagonist of *Decoding the Phoenix*, declares in the novel's opening page. After stumbling across a puzzling communication from his deceased Navy Seal brother, Graham must work to unravel a litany of secrets sobering in their implications not only for himself, but for the past twelve-thousand years of human history and the secrets of the universe. Had he not, in his hungover

state, opened the e-mail, Graham could have continued on his predetermined successful, if dysfunctional, path and never embarked on the paradigm-shifting journey that so loosens his grasp on reality and obliterates not only what he chooses to believe but what he trusts as fact. With the help of his long-term girlfriend, his quirky Mensan best friend, and his wild and athletic best girlfriend since childhood, he sets out to decode this complex cryptogram, which he soon discovers is charged with the potential to unhinge the very control that certain government officials are intent, at all costs, on maintaining.

Decoding the Phoenix is available on Amazon, Barnes and Noble and Good Reads.

YOUR WEEKEND STARTS NOW**PARTY****Diana vs. Donna**

Despite the title, you won't have to choose a favorite when C'mon Everybody pits two of music's all-time fiercest females — Diana Ross and Donna Summers — against one another for the ultimate night of dance and jams. The evening features live performances under a disco ball, a perfect setting for two of the first true divas. **Jan. 19, 11 p.m.-4 a.m., C'mon Everybody, 325 Franklin Ave., Brooklyn, \$8, cmoneverybody.com**

ARTS**Outsider Art Fair**

The art world can be stuffy and formal, but the Outsider Art Fair flips that formula on its head by featuring self-taught talents, experimental artists and outright eccentrics. Don't be surprised if this actually feels way more accessible than most museums, with pieces from 63 international galleries. **Jan. 19-21, Metropolitan Pavilion, 125 W. 18th St., \$20-\$50, outsiderartfair.com**

FOOD**Cassoulet Cook-Off**

Professional and amateur cooks

DRINKS**'90s Bar Crawl**

Bring the 1990s back to life for one glorious day with an epic LES bar crawl. Yes, that means everything from chokers to flannels, slap bracelets to scrunchies. The '90s Bar Crawl meets at Bar None, where you'll get your wristband and a free drink. Then it's off to participating bars like Spotted Owl, Red Lion and Macho's NYC for a variety of drink specials and '90s music. **Jan. 20, 2-10 p.m., multiple locations, \$27-\$40, 90sbarcrawl.com**



ALL PHOTOS PROVIDED

PARTY**Penthouse Singles Party**

If you're ready to meet someone this year — or at least score a date to help you tackle one of those couple's menus on Valentine's Day — hit up the Penthouse Singles Party this Saturday at 230 Fifth. Enjoy the view from heated igloos atop the hotel, where you can get cozy with other unpaired

New Yorkers in their 20s, 30s and 40s. There will be two-for-one drink specials and complimentary appetizers, plus a DJ playing sets that will inspire you to show off some moves. **Jan. 20, 8 p.m.-2 a.m., 230 Fifth, 230 Fifth Ave., \$20, 230-fifth.com**

PODCAST**Steele Wars**

Fan favorite podcaster Steele

Saunders brings his "Star Wars" show to Union Hall with some serious starpower: "The Daily Show's" Ronny Chieng and Marvel Editor Heather Antos. Expect plenty of laughs about "The Last Jedi" (maybe a few new Kylo Ren memes?) and anything else about the Star Wars universe that deserves a little loving mockery. **Must be 21+, Jan. 20, 4 p.m., Union Hall, 702 Union St., Brooklyn, \$12 advance, \$15 door, ticketfly.com**

restaurants and some of the city's hottest food trucks. There's also a marketplace selling everything from jewelry and home decor to bottles of your new favorite wines. The first 2,000 guests get a free tote bag, and everyone enjoys live entertainment. **Jan. 20, 1-8 p.m., Nassau Veterans Memorial Coliseum, 1255 Hempstead Turnpike, Long Island, \$15-\$99, finewineandfoodfest.com**

BEER**Wilkyversary**

We hate to ruin one of Bed-Stuy's better-kept secrets, but one of the city's most authentic craft beer spots is celebrating its second anniversary with a very worthy party this Saturday. The Wilky will be holding its Wilkyversary all evening, with hourly giveaways and a special anniversary brew (one of 18 rare and intriguing drafts selected with this night in mind). They'll also be cracking open the Cantillon Kriek, with free bottle pours of Bell's Black Note. **Jan. 20, The Wilky, 108 Patchen Ave., Brooklyn, free, thewilky.com**

FOOD**Cochon555**

It's pork. It's wine. And it's unlimited. Cochon555 offers three hours to sample unique dishes made from responsibly raised pigs this Sunday at Second Floor. You'll pair fare by five top city chefs (like Marc Murphy of Landmarc) with the perfect vinos. VIPs get to skip the line, with two bonus plates, bourbon pours and the chance to meet the farmers, winemakers, butchers and special guests. **Jan. 21, 4-7:30 p.m., second floor, 849 Sixth Ave., \$130-\$200, cochon555.com**

ANTIQUES**Winter Antiques Show**

For well over half a century, the Winter Antiques Show has been bringing together some of the world's best vintage pieces in one space (vetted by a panel of 150 fine art specialists), along with 70 renowned experts to help enthusiasts shop or simply learn more about what's on display. Young Collectors Night, where future arts patrons gather for a glass of champagne and a private viewing, is Thursday from 7-9 p.m. Proceeds benefit the East Side House Settlement. **Jan. 19-28, Park Avenue Armory, 643 Park Ave., \$25-\$200, winterantiquesshow.com**

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Tea with a kick (line)

Are you ready to hide from the cold in a Broadway theater? There aren't many better places to be when tickets are 2-for-1 to 19 productions during Broadway Week, going on now through Feb. 4.

That should leave you with a little extra to make your entire day Broadway themed with the Plaza Hotel's Broadway high tea.

Going on only for the two weeks of the ticket promotion, the Broadway Afternoon Tea service puts a theater-inspired spin on traditional high-tea treats by honoring past winners of the Tony Awards. The Plaza may not be in the Theater District, but it's where

Broadway's stars gather for the awards show after-party to celebrate.

Head to the tropical



The Broadway Tea spread
PALM COURT

realm of Palm Court — what winter? — and cozy up to themed sweet and savory bites like the Kinky Beets Canape, a roast beef bahn mi that nods to Miss Saigon, a mini Sweet Victory

cherry pie honoring the musical "Waitress," and a layered French opera cake inspired by, well, do we really have to say?

And because this is an awards celebration, Broadway Afternoon Tea also includes a glass of bubbly and a chocolate replica of the Tony Award.

While the 2018 Tonys aren't until June 10, next weekend brings the third annual BroadwayCon to the Javits Center for three days of everything about the business of show.

Broadway Afternoon Tea is \$95 per person and available daily from noon to 5 p.m. at the Palm Court, located inside the hotel at 768 Fifth Ave.

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But with 1,700 islands, where should you go? JOSHUA CROUTHAMEL

With a fresh dusting of snow blowing around up north, it makes sense that you're desk-dreaming about a beach break. But when it comes time to book, choosing the perfect destination can be overwhelming. The sunny Florida Keys are a great option, especially if you have a hankering to explore more than just one stretch of sand.

Break it down

At nearly 140 square miles, consider the archipelago as a handful of distinct districts. The major groups are the Upper Keys (closest to the mainland), the Middle Keys, the Lower

Keys and the Outlying Islands (which are only accessible by boat).

Start your adventure in Miami and work your way down, as the hub is just 15 miles north of the Keys. You can enjoy one of America's most scenic drives along the Overseas Highway in one three-hour road trip, but we'd advise taking in some of the sights along the way (our itinerary goes from north to south).

Make your first pit-stop Key Largo. There's plenty to see, do, eat and drink, but be sure to visit our favorite spot — the John Pennekamp Coral Reef State Park. It's the first undersea

park in the country, and is a splash-splashy playground 3 miles into the Atlantic and 25 miles long for divers, snorkelers, kayakers and catamaran cruisers (with a nod to landlubbers who prefer to stay dry and check out the 30,000 gallon aquarium in the Environment Education Center).

Next up is Islamorada, which is made up of six different islands. This part of the Keys is loaded to the gills with saltwater fishing options if angling is your jam. You needn't be a pro to hook a beauty (or even a behemoth) as it's impossible to cast a line without catching an

experienced captain or charter eager to tailor a trip for you.

As you continue down U.S. Route 1 you'll find yourself at Marathon, the last handful of islands before hitting the Lower Keys. No matter how fast you get here, it's time to take it slow on arrival. Marathon is largely residential, so if a waterfront house rental, a cooler full of crab claws and a case of wine are your style, find it here (and bring the fam).

For the sunset savvy set, the Lower Keys make for an idyllic happy hour destination. There's a great mix of inhabited islands (with

campgrounds, B&Bs and restaurants) and outlying ones (where it'll be just you enjoying the view), so grab a snorkel or a bike and enjoy some nature — sea turtles if you opt for the former, adorable deer if you hire the latter.

The southernmost bit of the Sunshine State is Key West, and at only 4 miles long and 1 mile wide, it's easy to wrap your head around. That said it's the biggest city you'll encounter on your drive, and is home to nearly a third of the population of the Keys. This is the place for public beaches, partying in your flip-flops on Duval Street, fine dining on

fresh seafood, authentic Cuban restos, and even an 18-hole golf course.

Time for bed

After that eventful drive, you'll want to park for a few nights on Key West. You've earned it! Our favorite property was also the top pick for Ernest Hemmingway and Tennessee Williams (bragging rights), and what with faithful restorations it's one of the classiest looking options on the island. Welcome to La Concha Hotel & Spa Key West — where the only difficulty you'll encounter is checking out in order to return home.



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Giant Sequoia National Monument

Giant Sequoias can grow as tall as skyscrapers and as wide around as your first apartment. And at the Giant Sequoia National Monument in California, you can strain your neck looking up at the majesty of 328,000 acres of them.

To see the best of what the park has to offer, follow the well-marked trails. They'll take you past one of the oldest living organisms on earth (the 2,000-year-old



Giant Sequoia trees have lasted centuries, and hopefully will be around for another few. GETTY IMAGES

Vermilion Cliffs

If you rank every destination by #travelgram potential, then the Vermilion Cliffs National Monument of Arizona

should be on the top of your list. The trippy, colorful lines of their most famous rock formations – The Wave and Coyote Buttes – are some of the most photographable in the world.

But, you have to be committed to getting those Likes. The park allows only 20 visitors per day to help protect these popular photo ops from excessive foot traffic.

Grand Staircase- Escalante

Not that there was a lot of competition, but Utah's grand staircase is one of the world's most breathtaking natural staircases.

Each step takes hikers down through 200 million years of history. Erosion has revealed prehistoric plants, vegetables, animals and the largest collection of dinosaur fossils found anywhere in the world.

But you'll need more than one day to see it. Grand Staircase-Escalante National Monument is roughly the size of Delaware, with plenty of hiking trails, camping and horseback riding.

Hanford Reach

Washington's Hanford Reach National Monument may be the best spot in the United States to watch an IRL nature documentary taking

place. Not only is it home to the Northwest's best salmon spawning ground, but also 48 other animal species including beavers, mule deer, bobcats, river otters, minks, cougars and several threatened or endangered animal species.

And the best part is that you can view them all from the safety of your car.

Canyons of the Ancients

Usually, history happens in a straight line. But at Colorado's Canyons of the Ancients, 10,000 years of history are spread out over one large area. This National Monument has the highest density of archaeological sites in North America.

Over 6,300 cave drawings, cliff dwellings, ancient shrines, and settlements crop up nearly everywhere you look. Hike through and you can track human history from the time when we battled woolly mammoths and saber-toothed cats to the development of agriculture to the modern tourist era.

Sonoran Desert

There comes a time in everyone's life when they look around at their friends and loved ones and think, "I could just get in my car and drive away from here and no one could stop me."

The best spot for this isolated escape is Arizona's Sonoran Desert. Its wide, flat, cactus-covered plains cover nearly a half million acres, dotted with isolated mountain ranges and some of the most beautiful and diverse desert plant and animal life in North America.

Upper Missouri River Breaks

The Montana Badlands are just as dramatic as they sound. People have been marveling at the breathtaking geography

of its white cliffs and steep bluffs since long before Lewis and Clark first documented them in 1805. There's no better place for dramatic black and white photography, or camping out in the spot where the west was at its wildest.

Seamounts Marine

Someone once described viewing the sea life off the coast of New England as "a stroll through Dr. Seuss's garden." There are 1,000-year-old corals, endangered species of marine life found nowhere else on earth, plus a few familiar faces like sea turtles, octopuses, several species of whale, and pods of dolphins that swim overhead in the hundreds.

Expert divers can explore three underwater canyons deeper than the Grand Canyon, and four underwater mountains.

Bears Ears

Bears Ears National Monument in Utah gets its name from the twin buttes that tower at its center. But this 1.35-million-acre national monument has much more: juniper forests, ethereal red rock formations, and an outdoor museum.

Well, "museum" may be a stretch. Grand Gulch does have more than 10,000 ancestral Puebloan ruins from 800 to 1,200 years old: dwellings, buildings, tools, pottery art, and even a community bulletin board with 2,000 years' worth of notices.

Carrizo Plain

The wildflower bloom at Carrizo Plain National Monument is one of California's best-kept secrets. When conditions are right, flowers of every color carpet the valley floor to create one of nature's most breathtaking vistas.

But even when the pollen count isn't crazy, the white alkali flats of soda lake, ancient cave drawings, and quirky critters like leopard lizards, giant kangaroo rats, and antelope squirrels draw plenty of visitors.

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The Mets might use Brandon Nimmo in a deal to get second baseman Josh Harrison from the Pirates. GETTY IMAGES

Mets saving Nimmo for a Harrison deal?

There could be a reason why the Mets did not want to part with their young outfielder for Andrew McCutchen.

JOE PANTORNO
joseph.pantorno@metro.us

The New York Mets lost out on veteran center fielder Andrew McCutchen, who was dealt to the San Francisco Giants on Monday from the Pittsburgh Pirates.

While the Mets were linked with the 2013 NL MVP, it was revealed on Tuesday night that they were a lot closer than originally thought.

Ken Rosenthal of the Athletic reported that the Pirates called up the Mets asking for their young outfielder Brandon Nimmo, but New York "balked" at the request.

At 24 years old, Nimmo isn't exactly a budding young prospect as he's been used mostly as a reserve outfielder over 101 games spanning two seasons. Most of his time in the Mets lineup has been attributed to the team's inability to stay healthy as Yoenis Cespedes, Michael Conforto and Juan Lagares all went down with injuries.

In 69 games last season, Nimmo showed flashes of becoming a top-of-the-order bat. Though he didn't possess much power and a mediocre .260 batting average, his .379 on-base percentage was a clear in-

dicator of his patience at the plate.

The Mets already have a crowded outfielder after re-signing Jay Bruce last week to step in at right field, meaning that once Conforto fully heals from a dislocated shoulder, he will move into center. Juan Lagares, one of the best defensive outfielders in the game, would likely the season in center if Conforto is unable to go by Opening Day with Nimmo as another option.

Given New York's outfield status, Nimmo could be looked at as expendable, which is why some have questioned why the Mets didn't pull the trigger to deal for a player like McCutchen, who has averaged 24 home runs and 87 RBI per 162 games.

Sources told Rosenthal that the Mets could be using Nimmo as a centerpiece for a deal to get Pirates second baseman Josh Harrison, who is looking to be traded after Pittsburgh dealt ace Gerrit Cole to the Houston Astros before shipping McCutchen off to San Francisco.

Mike Puma of the New York Daily News reported on Wednesday that the Mets and Pirates have talked about a possible Harrison deal, but talks "are not ongoing."

Harrison, unlike McCutchen, would fill a far greater

need for the Mets, who are in need of either a second baseman or third baseman.

The 31-year-old is coming off a season in which he garnered his second-ever All-Star appearance as he batted .272 with 16 home runs and 47 RBI. He is also under team control for the next three seasons while McCutchen's contract is set to expire at the end of the 2018 season. So while the Mets value Nimmo, it looks as though they are looking to get a little more stability should they deal him.

Hypothetically speaking, if the Mets were to acquire Harrison, Asdrubal Cabrera would likely be the team's starting third baseman after he was forced from his normal position at shortstop when the team called up top prospect Amed Rosario in August.



BRANDON NIMMO

Projecting Mets 2018 Opening Day lineup

1 JOSH HARRISON- 2B

PROJECTED 2018 STATS: .275 BA, 15 HR, 52 RBI, 27 SB

The Mets have been in talks with the Pirates for the second baseman and a deal involving Brandon Nimmo could be what gets the Mets a legitimate, every-day second baseman.

2 ASDRUBAL CABRERA- 3B

PROJECTED 2018 STATS: .265 BA, 18 HR, 65 RBI

Once the team's starting shortstop, Cabrera was forced out of position upon the call-up of Amed Rosario. The veteran will be looking to put a rollercoaster 2017 behind him after he requested a trade, took it back and then the Mets picked up his option.

3 YOENIS CESPEDES- CF

PROJECTED 2018 STATS: .280 BA, 26 HR, 90 RBI

Trying to conserve his hamstrings, Cespedes might not be the 30-home-run hitter that Mets fans expected, but he is still the most dangerous bat in the team's lineup.

4 JAY BRUCE- RF

PROJECTED 2018 STATS: .248 BA, 30 HR, 88 RBI

The returning Bruce could very well lead the Mets in home runs in 2018 as he's shown an ability to hit for power in New York. In 153 games over two years in New York before he was traded to Cleveland, Bruce hit 37 home runs and knocked in 94 RBI.

5 ADRIAN GONZALEZ- 1B

PROJECTED 2018 STATS: .270 BA, 15 HR, 53 RBI

Gonzalez is the definition of a low-risk, high-reward signing after the Mets brought him on for the league minimum. While he is likely just a placeholder for Dominic Smith, this could be a huge signing if he has something left in the tank.

6 JUAN LAGARES- CF

PROJECTED 2018 STATS: .258 BA, 6 HR, 31 RBI

Lagares will be the starting fielder on Opening Day if Michael Conforto is not ready to return after dislocating his shoulder last season. While his bat has struggled to come along, he is still one of the best defensive center fielders in baseball.

7 TRAVIS D'ARNAUD- C

PROJECTED 2018 STATS: .243 BA, 15 HR, 49 RBI

While the Mets' patience with d'Arnaud is admirable, the 28-year-old has to start making some serious strides in showing the organization that he could become the catcher that the organization thought he'd be when they traded for him back in 2012.

8 AMED ROSARIO- SS

PROJECTED 2018 STATS: .265 BA, 10 HR, 30 RBI

The Mets' top prospect will get his first crack at a full season in the majors. The biggest thing he must work on is his patience at the plate. His .271 on-base percentage is nowhere near enough for a bat projected to be at the top of New York's lineup one day.

What are they saying about Barzal?



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"He's by far the best skater in the league. It's no question. A lot of guys judge speed goal-line to blue line or whatever, a straight line. But he's crossing over the entire game, winding up, building up speed. Every time we lose the puck in the o-zone, you turn around for a second and I can just see his hair flapping in the wind in front of me and I had to get on my horse and get back. ... That's the toughest matchup that I've had this year."



BO HORVAT

VANCOUVER CANUCKS FORWARD

"He's a very good player, obviously, Tremendous skill, tremendous vision and his speed is effective as well. For a young guy to come in and do what he's done so far is pretty impressive."



ALAIN VIGNEAULT NEW YORK RANGERS HEAD COACH



"Barzal's line just dominated ... the whole game. I had three of my top players there and they were dominated the whole game."

DON CHERRY CANADIAN HOCKEY ANALYST

"He just popped out of nowhere. This guy's got the magic hands, I'll tell you that."



PAUL BYRON MONTREAL CANADIENS FORWARD

"He's an incredible player. It's unbelievable to see a 20-year-old or 21-year-old skate the way he does with the puck and handle it probably as close as I've seen to [Edmonton Oilers star and reigning NHL MVP] Connor McDavid in terms of skill and speed. Incredible talent to watch and play against."



JOE PANTORNO
joseph.pantorno@metro.us

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OPINION

JOE PANTORNO
@JoePantorno

His prime might have come and gone, but New York Rangers goalie Henrik Lundqvist's brilliance remains present through the passing years.

On Tuesday night against the Philadelphia Flyers, the 35-year-old etched his name into the record books by earning his 20th win of the season to help the Rangers end a three-game skid.

He is the first goaltender in NHL history to earn 20 or more wins in his first 13 seasons and the first goalie to ever put together 13-straight years of at least 20 victories.

Lundqvist has been one of the best goalies of this generation, garnering four All-Star appearances while winning the Vezina Trophy for the NHL's best goaltender in 2012. He is also the best goalie in Rangers franchise history and there's no debate about it as he ranks first in games played by a goalie, wins, saves, save percentage and shutouts.

Since joining the Rangers for the 2005-06 season, Lundqvist has helped the Blueshirts qualify for the postseason 11 times in his first 12 seasons. Three times they went to the Eastern Conference Finals and once to the Stanley Cup Final where they fell to the Los Angeles Kings in 2014.



Henrik Lundqvist GETTY IMAGES

That's the closest Lundqvist has been to a Stanley Cup. It might be the closest he'll ever be to a title as a member of the New York Rangers.

A wildly inconsistent team has left the star goalie out to dry at times this season thanks to a lacking defense that allowed 12 goals in two games prior to their win over the Flyers on Tuesday. Yes, the Rangers hold the first wild card spot in the Eastern Conference as of Wednesday evening, but the Metropolitan Division is so tight that another downturn in play could all but ruin New York's season.

During that three-game losing streak, rumors started to trickle out that the Rangers might be sellers come the NHL's Feb. 26 trade deadline where they could possibly trade away the likes of Rick Nash, captain Ryan McDonagh and Mats Zuccarello.

Trading away such integral parts would

likely usher in some form of a rebuild, which is the last thing a goalie like Lundqvist should have to contend with. As he faces the final handful of seasons of a Hall-of-Fame career, the Rangers should — and only if they are aggressive sellers at the trade deadline — do Lundqvist a favor and trade him to a Stanley Cup contender.

Granted, Lundqvist has a no-movement clause built into the contract that keeps him under team control through the 2020-21 season, but if the Rangers are going to take a step back and burn a year or two to regroup, there is no use in subjecting Lundqvist to it. Therefore, selling him on the idea of waiving that clause probably wouldn't be that difficult a task, especially if it is to a team on the cusp of making a serious charge at the Cup.

While it would be a tough pill for Blueshirts fans to swallow seeing their franchise goalie depart, it's imperative that the Rangers — if they, in fact, one day consider dealing Lundqvist — trade him while he can still yield a high return. The price for Lundqvist at the right time could bring in some young talent that would quicken the process of building New York back up to contender status.

And if Rangers fans love Lundqvist as much as they say they do, they would have no problem seeing him move on to greener pastures.

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845.897.1600
Pursuant to judgment of foreclosure and sale granted herein on or about October 20, 2017, I will sell at Public Auction to the highest bidder at the QUEENS COUNTY SUPREME COURT, located at 88-11 SUTPHIN BOULEVARD, JAMAICA, NEW YORK, IN COURTROOM #25. On February 2, 2018 at 10:00 am. Premises known as 16104 121ST AVE, JAMAICA, NY 11434 Block: 12553 Lot: 9
All that certain plot, piece or parcel of land, with the buildings and improvements thereon erected, situate, lying and being in the Borough and County of Queens, City and State of New York, and designated as and by Lots Numbered 13 and 14 in Block 10 on a certain map entitled, "Map of Jamaica Park, Property of the Greater City Homes, situated at Jamaica in the Fourth Ward of New York, State of New York, Surveyed July 1906 by E.W. Conklin, C.S., Jamaica, New York, and filed in the Office of the Clerk (now Register) of Queens County November 20, 1906 as Map Number 742". As more particularly described in the judgment of foreclosure and sale. Sold subject to all of the terms and conditions contained in said judgment and terms of sale. Approximate amount of judgment \$560,230.75 plus interest and costs.
INDEX NO. 24126/10
Scott Kaufman, Esq., Referee

NOTICE OF SALE

SUPREME COURT:
QUEENS COUNTY
U.S. BANK TRUST, N.A., AS
TRUSTEE FOR LSF9 MASTER
PARTICIPATION TRUST;
Plaintiff (s) vs. PARSRAM SANKAR;
SAVITRI SANKAR; et al;
Defendant (s)
Attorney (s) for Plaintiff (s):
ROSICKI, ROSICKI & ASSOCIATES, P.C.,
2 Summit Court, Suite 301
Fishkill, New York, 12524
845.897.1600
Pursuant to judgment of foreclosure and sale granted herein on or about February 27, 2017, I will sell at Public Auction to the highest bidder at the QUEENS COUNTY SUPREME COURT, located at 88-11 SUTPHIN BOULEVARD, JAMAICA, NEW YORK, IN COURTROOM # 25. On February 2, 2018 at 10:00 am. Premises known as 104-45 111TH STREET, RICHMOND HILL, NY 11419 Block: 9534 Lot: 71
ALL that certain plot, piece or parcel of land, situate, lying and being in the Borough and County of Queens, City and State of New York. As more particularly described in the judgment of foreclosure and sale. Sold subject to all of the terms and conditions contained in said judgment and terms of sale. Approximate amount of judgment \$814,025.33 plus interest and costs.
INDEX NO. 702240/2014
Dominic A. Villoni, Esq., Referee

LEGAL NOTICES**NOTICE IS HEREBY GIVE**

that a license, Number Pending, for Beer & Wine has been applied for by the undersigned to sell Beer & Wine at retail in a Restaurant under the Alcoholic Beverage Control Law at 20-07 127th St., 4th FL., College Point, NY. Queens County, for on premises consumption. Buffet De Point Inc.

NOTICE IS HEREBY GIVE

that a license, Number Pending, for Beer & Wine has been applied for by the undersigned to sell Beer & Wine at retail in a Restaurant under the Alcoholic Beverage Control Law at 193-16 Northern Blvd., Unit B, Flushing, NY. Queens County, for on premises consumption. Cape Food Corp.

NOTICE IS HEREBY GIVE

that a license, Number Pending, for Beer & Wine has been applied for by the undersigned to sell Beer & Wine at retail in a Restaurant under the Alcoholic Beverage Control Law at 45-53 Bell Blvd., Bayside, NY. Queens County, for on premises consumption. 02 BBQ Corp.

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Across

- 1 Non-rust coating
- 5 Complacent
- 9 Radio type
- 13 Kind of tradition
- 14 Callao is its port
- 15 Weight deductions
- 17 Icy burg
- 18 "WNBA Tuesday" ailer
- 19 Heard too often
- 20 Opposite sides
- 22 1, to 0
- 24 Begrudge
- 25 Conceal a message
- 26 Emily or Charlotte
- 29 Peter of "Easy Rider"
- 31 Roomy
- 32 Manual
- 33 Song refrain
- 36 Blond shade
- 37 Like a desperado
- 40 Shogun's capital
- 41 Contains
- 42 -- and the Belmonts
- 43 Turnpike stop
- 45 Condescend
- 47 Made cloudy
- 48 Dream of
- 51 Coastal flier
- 52 Unfeeling
- 54 Cleaning fluid
- 58 Epic of Troy
- 59 Appealing

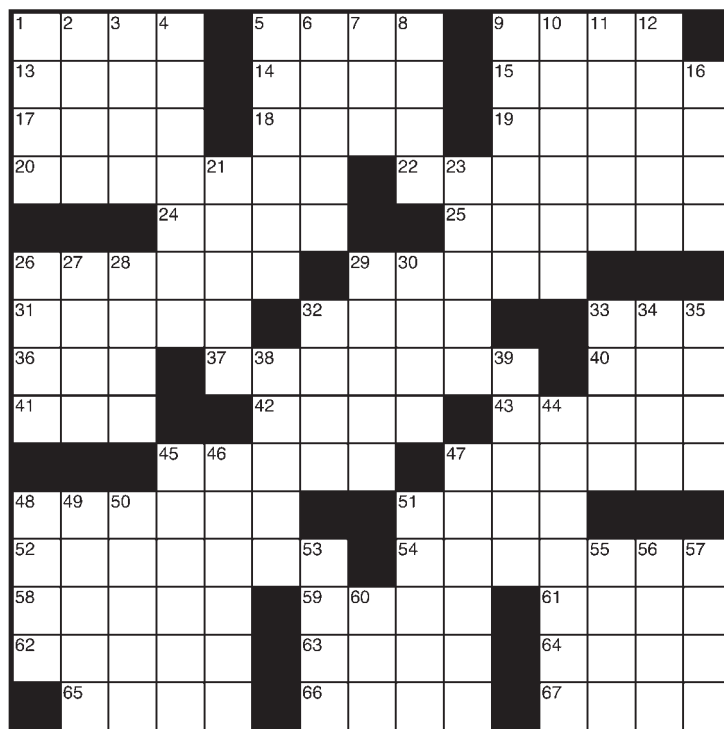
- 61 Grounded birds
- 62 He admired Beatrice
- 63 Right on!
- 64 Cafe au --
- 65 Applied henna
- 66 A TV Maverick
- 67 Baja Ms.

Down

- 1 Tow-away --
- 2 -- Man Triathlon
- 3 Label
- 4 Twain, actually
- 5 Place for an ace
- 6 Young girl
- 7 Foul ball caller
- 8 Posse's quarry
- 9 Look after
- 10 Musical gourd
- 11 Crunchy corn snack
- 12 Rationed out

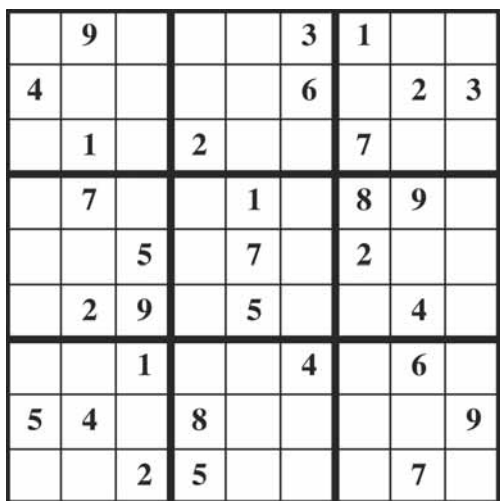
- 16 Dried-up
- 21 Computer-chip maker
- 23 Landlords' income
- 26 Humdrum
- 27 Diva -- Ponselle
- 28 They accompany aahs
- 29 Big House resident
- 30 Draft animals
- 32 Branch
- 33 Freshwater duck
- 34 Ax cousin
- 35 Prod
- 38 Leave-taking
- 39 Future fern
- 44 Thresholds
- 45 Open wider
- 46 Worn away
- 47 Pretty new
- 48 Amino --
- 49 Potato or egg --
- 50 Roman naturalist
- 51 Spud
- 53 Nature's bandage
- 55 -- Khayyam
- 56 Soir follower
- 57 This senora
- 60 Hollywood's Thurman

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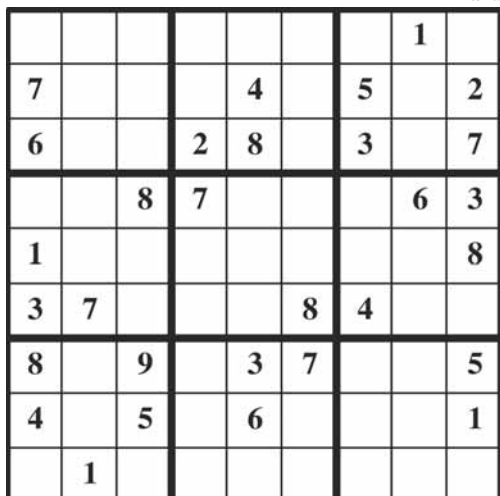


metro.us/sudoku

easy



hard



metro.us/horoscopes



Aries Your enthusiasm is best contained. Don't give anyone the impression that you are willing to take on responsibilities that you don't have time for.



Taurus Walk away from unpredictable people or parties using emotional tactics to persuade you to get involved in things you find questionable.



Gemini Don't let your emotions take the reins when dealing with colleagues or people who could influence your position or status. Taking on too much should be avoided.



Cancer Emotional spending or accruing too much debt will leave you in a predicament. Look for ways to cut costs. Someone close to you will make an unusual offer.



Leo If someone overreacts, walk away. Getting into a dispute over something that is being overblown is a waste of time. Offer love and peace instead of discord.



Virgo A solid, steady pace will get you to your destination on time. Look for unique ways to impress someone you love, but don't let emotional blackmail sour a special connection.



Libra Knowing what you want will help you make the right choice. How you go about getting what you desire will require crafty navigation to avoid backlash or financial loss.



Scorpio Protect your physical and emotional wellness. Know what you are up against and do whatever you must to bypass obstacles and challenges.



Sagittarius You need a pick-me-up. Sign up for something you find exhilarating or update your appearance. Invest more time and effort in yourself and what you want to pursue.



Capricorn A personal change is best planned to suit your budget as well as your lifestyle. Emotional spending will not make you feel better. Avoid arguments.



Aquarius Emotions will be set off easily if you let someone goad you into a debate. Focus on personal improvements, not on trying to change others.



Pisces If someone asks about your personal finances or a pending legal matter, be wary of what you reveal. Avoid interference by keeping your business private. **EUGENIA LAST**

Yesterday's answers									
BERG	LAMP	TAMS							
ALICE	LONER	ALOE							
ISBN	ASIDE	BANE							
LASTED	LAP	ASAN							
	LOLL	LABS							
IGLESIA	YACHTS								
BOER	NUMB	HOOHA							
ERG	GRAIN	BAS							
AGAIN	ARGO	SONS							
MELTED	TOURISTY								
ATON	TREE								
AWOL	COD	INSECT							
GIGI	IVIES	TOLE							
OLLA	LEASH	ANON							
GLEN	ELLA	SSTS							

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